SLENDERTONE®
Abs

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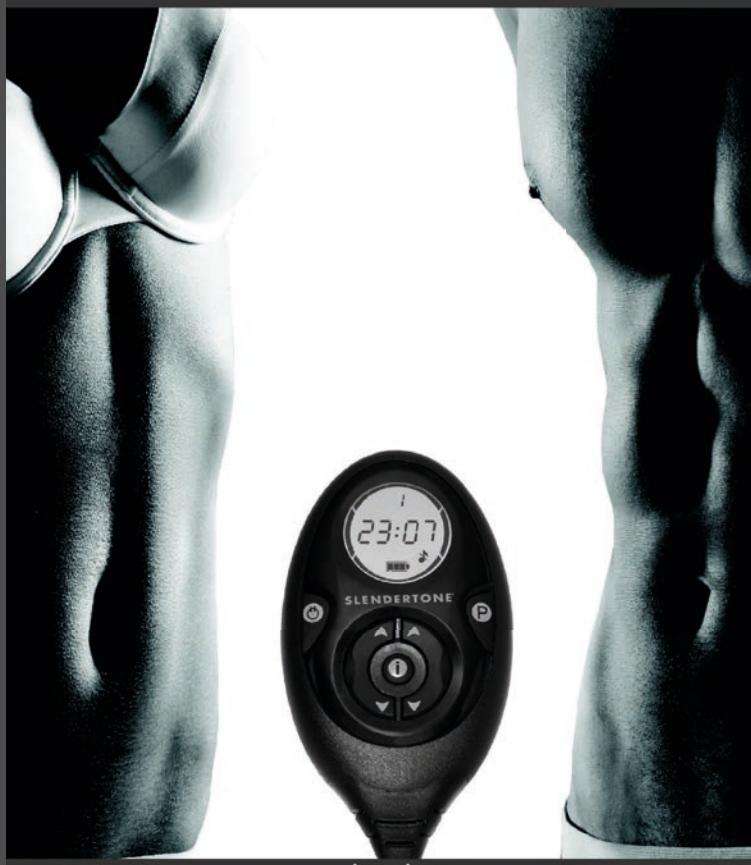
SLENDERTONE®
Abs

Instruction Manual

MODE D'EMPLOI
GEBRAUCHSANWEISUNG
MANUAL DE USUARIO
GEBRUIKSAANWIJZINGEN
ISTRUZIONI PER L'USO
INSTRUÇÕES PARA A UTILIZAÇÃO



www.slendertone.com

WELCOME

Congratulations on purchasing your SLENDERTONE ABS. Please read your user manual fully before using this product.

Get a firmer and flatter stomach with your SLENDERTONE ABS belt! This electronic muscle stimulator is the only belt able to exercise all of your abdominal muscles to tone your stomach and give you a better body shape. Easy and convenient, the belt can be put on in just a few seconds for an abs session wherever you want. It can be used without any physical activity or while doing a physical activity.

The SLENDERTONE ABS belt is clinically proven to tone and firm your abs in just 4 weeks*. Use your belt 5 times a week for 6 - 30 minutes and you can expect to see these results:

- 100% of users reported a firmer, more toned abs
- 49% increase in abdominal strength
- 72% increase in abdominal endurance

* Clinical Study from Dr. John Porcari, Ph.D., USA, 2004

Your SLENDERTONE ABS belt is sold with a hand-held controller which can be attached to a range of garments to tone different areas of the body. Discover the range at www.slendertone.com.

SLENDERTONE ABS is an electronic muscle stimulator intended for the enhancement of performance of the abdominal muscles. It may also be used, with medical supervision, for the rehabilitation of muscle which has become deficient due to disuse or injury.

CONTACT US

If you have any difficulty setting up your unit or have any other questions or concerns, please send us an email or call the SLENDERTONE Careline on:

UK: 0845 070 7777
Rep. of Ireland: 1890 92 33 88
International: +353 94 902 9936
Email: info@slendertone.com
www.slendertone.com

PRODUCT WARRANTY

Should your SLENDERTONE ABS unit develop a fault within two years of purchase, SLENDERTONE will undertake to replace or repair the unit or any parts found to be defective with no charge for labour or materials *, provided the unit:

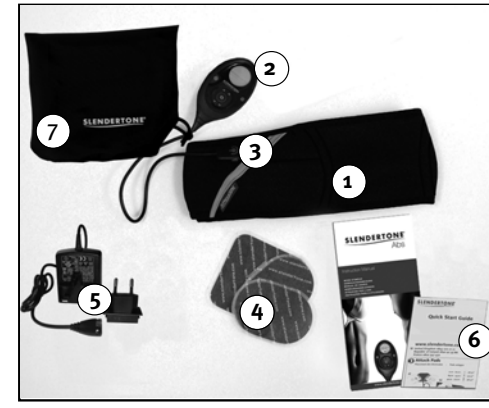
- Has been used for its intended purpose and in the manner described in this user manual.
- Has not been connected to an unsuitable power source.
- Has not been subjected to misuse or neglect.
- Has not been modified or repaired by anyone other than an approved SLENDERTONE agent.

This guarantee complements existing national guarantee obligations and does not affect your statutory rights as a consumer.

* This excludes consumables (e.g. pads, belt, etc.) which are subject to normal wear and tear.

INTRODUCING YOUR SLENDERTONE ABS

These are the contents for the full SLENDERTONE ABS pack. The accessory pack does not contain a unit or charger.



1. Belt:
Your belt has been ergonomically designed and is fastened around your waist. The female belt (E :70) fits waist sizes 24”-44”/ 61-112cm. The male belt (X :70) fits waist sizes 27”-47”/ 69-119cm. The belt has a pocket for holding your unit during use.

2. Unit:
The unit generates signals which are sent, via the belt and pads, to your muscles to make them contract. Your unit is rechargeable and takes approximately 3 hours to charge fully.

3. Unit Connector:
This connects the unit to the toning belt. Make sure the unit is fully connected to the belt.
IMPORTANT: Do not disconnect the unit from the toning belt until it has been switched off.

4. Pack of three adhesive pads.
These adhesive pads are placed onto your belt before use. When you wrap the belt around your waist, these pads must be in contact with your skin so that signals can be sent to your muscles.

5. SLENDERTONE Battery Charger:
Plug the charger into a socket and then connect your unit to the charger to charge your unit’s battery. Please ensure you only use the charger supplied by SLENDERTONE.

6. Instruction Literature:
This is a detailed guide to using your SLENDERTONE ABS and an additional quick start guide to help get you started.

7. Travel Pouch:
You also get a handy travel pouch for storing everything while not in use.

HOW DOES THE UNIT WORK?

1. On/Off Button (⏻)
Press and hold this button for 2 seconds to turn your unit on or off. You may also pause the exercise by briefly pressing this button.

2. Increase Toning Intensity (▲)
Press and hold these buttons to increase the intensity of the exercise. The right-hand button controls the right-hand side of your belt. The left-hand button controls the left-hand side.

3. Decrease Toning Intensity (▼)
Press and hold these buttons to decrease the intensity of the exercise on either side of the belt.

Note:
To increase or decrease intensity quicker hold both intensity up/down buttons and the (*i*) button simultaniously.

4. Programme Button (P)
Press this button to select the toning programme you wish to use. There are 10 programmes in total, which are explained later in this manual (page 8).

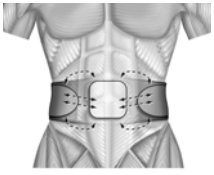
5. Information Button (*i*)
Press this button to see your training information, such as the maximum intensity for your current or last session and the number of sessions you have completed (see page 10).

UNIT DISPLAY

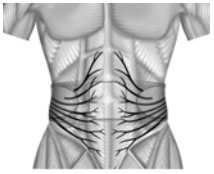
- Toning intensity from the left-hand side of the belt.
- Toning intensity from the right-hand side of the belt.
- Counts down the time left in the current session. Also displays error messages (see page 11).
- Appears when the exercise has been paused.
- Indicates that the sound is off.
- Keylock is active - you cannot change the intensity levels or the program accidentally.
- This symbol indicates a poor contact between the unit and the belt or between the pads and the skin (see page 14 for more details).
- Shows the battery power remaining.
- Number of sessions completed.
- Shows the programme currently running (1 - 10).
- This symbol appears during each contraction phase.
- Maximum intensity for the current/ last session.

EXCLUSIVE AND PATENTED TECHNOLOGY

SLENDERTONE has developed an exclusive and patented electrical muscle stimulation (EMS) technology called the 'Concentrated Slendertone Innervation'. This clinically proven technology ensures that all of the abdominal muscles contract and not only those directly under the pads: the rectus abdominis (abs), obliques (which shape the waist) and the transversus abdominis (deepest abs). A signal is sent to the abdominal muscles and as the signal strength increases, the muscles contract. See below how it works.



Step 1
Signals are sent between the pads



Step 2
The signals switch on the nerves which control the abdominal muscles.

Step 3
The nerves, in turn, cause your muscles to contract and relax rhythmically.

SETTING UP YOUR SLENDERTONE ABS

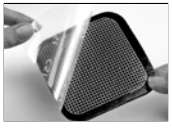
Step 1 - **Charge the battery.** Insert your charger into a socket and then connect it to your unit (Fig. a). It'll take approximately 3 hours to fully charge the battery. Your unit is fully charged when all three sections of the battery icon are full. The battery icon will flash when the battery is low and needs to be recharged.
NOTE: Please ensure you only use the SLENDERTONE ABS charger when charging your control unit. Do not leave your unit connected to the charger when the battery is fully charged.

Fig. a

Step 2 - **Connect the unit to the belt.** The unit and belt must be connected for your SLENDERTONE ABS to work. 'Click' the unit connector into the belt connector as shown in Fig. b.

Fig. b

Fig. c



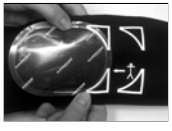
Step 3 - **Place the pads on the belt.**
(i) Turn the belt over so that the 3 silver studs are facing upwards.

(ii) Remove the three adhesive pads from their pack. There is 1 large square pad and 2 smaller oval pads. One side of each pad has a grid pattern on it while the other side is plain black.

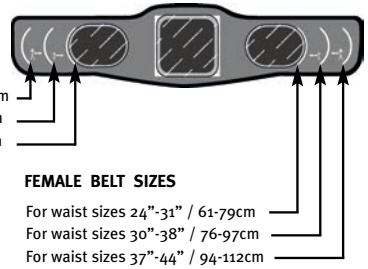
(iii) Remove the covers from the ***patterned side*** of the large pad (Fig. c) and place the ***patterned side*** of this pad inside the white square over the middle silver stud.

(iv) Now remove the covers from the ***patterned side*** of the two smaller pads and place them either side of the large pad (Fig. d).

Fig. d



Note: The location of the smaller pads depends on your waist size. In the example below, the smaller pads are placed nearest to the large, central pad. This is for a user who's waist size is 24"-31" (female)/ 27"-34" (male). Use the sizing guidelines below to help you choose your correct pad location.



MALE BELT SIZES

For waist sizes 40"-47"/ 102-119cm
For waist sizes 33"-41"/ 84-104cm
For waist sizes 27"-34" / 69-86cm

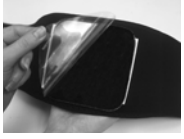
FEMALE BELT SIZES

For waist sizes 24"-31" / 61-79cm
For waist sizes 30"-38" / 76-97cm
For waist sizes 37"-44" / 94-112cm

Important:
Before you progress, make sure that all three silver studs are completely covered by the pads.
Press the edges of all three pads firmly onto the belt before use.

Step 4 - Remove the covers from the ***black side*** of all three pads (Fig. a). Do not throw these covers away as you will need to put them back onto the pads at the end of your session.
NOTE: You should only use SLENDERTONE pads with your SLENDERTONE ABS belt.

Fig. a



Step 5 - **Position the belt on your body.**
Wrap the belt around your waist so that the pads are pressed firmly against your skin, positioning the large square pad over your navel (belly button). Stretch the ends of the belt around your waist until the small pads are between your hip bone and ribs on either side of your body (Fig. b). Fasten the belt tightly around your waist, but not so tight as to cause discomfort. The pads are water-based, so you may find they are cool when placed on your skin.

Fig. b

Note: Use your SLENDERTONE ABS whenever it suits you. Very discreet under your clothes, you can use it almost any time and any place. For the best results, we recommend that you do five training sessions per week. You should, however, only do one session per day, as this allows your muscles to recuperate.

YOUR FIRST TONING SESSION

Muscle toning can be an unusual sensation, but a pleasant one. It may tickle to begin with. We recommend that you use the product while seated until you become accustomed to the sensation. As you increase the intensity, the sensation goes from a mild tingly feel, to a distinct muscle contraction. The abs contract and relax like in natural muscle movements. To get started, follow these simple steps:

Fig. a

Step 1: Press and hold the on/off button (⏻ - Fig. a)) for two seconds to switch your unit on.

Fig. b

Step 2: Select the program you wish to use by pressing the program button (**P** - Fig. b). Then, to start the program, press and hold the increase intensity buttons (▲- Fig. c) until you feel your muscles contracting. Always choose an intensity level at which you feel a strong but comfortable contraction. This will vary from person to person. You should try to reach an intensity level of 15 or higher in your first session. The increasing intensity level is displayed on the screen.

Fig. c

Step 3: Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger as the intensity increases. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your unit's intensity range is 0-150.

PAUSING A SESSION
If you wish to pause a session before it is finished, simply press the on/off button briefly. The display will show that the unit is paused (❙❙). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

Step 4: SESSION OVER
At the end of the training session your SLENDERTONE ABS will stop automatically. However, to switch off your unit at any time during a session, press and hold the on/off button for two seconds. You should see the display turn off.

Step 5: Remove the belt and put the covers back on the black side of the pads. Store it in the pouch until your next session.

Note: Do not disconnect the unit from the belt without first switching the unit off, as this may result in an error on your display.

Well done on completing your first training session!

PROGAMME DETAILS

Your SLENDERTONE Abs has 10 toning programmes, which are listed in the table below. There are 7 Passive Programmes (no physical activity required) and 3 Active Programmes (while doing a physical activity). The screen displays the selected programme. You cannot change a programme during a session. You must first switch your unit off and then on again. Then you can select a different programme by pressing the programme button.

1. Passive Programmes: without any physical activity

Passive Programmes	Duration in minutes	Level	Number of session
1 : Initiation	20	Easy	2
2 : Beginner	25	Moderate	3
3 : Intermediate	30	Moderate	5
4 : Advanced	30	Advanced	10
5 : Expert	30	Advanced	10
6 : Pro	30	Advanced	Indefinite
7 : Ab Power	30	Advanced	Indefinite

Programme 1 is set when you switch your unit on for the first time. The unit will then automatically progress through each programme up to programme 6 going from Initiation to Pro. The other programmes must be selected manually using the program button.

Programme 7 delivers a strong abdominal workout, which is useful for those involved in sport.

You can use the passive programmes at home (reading, watching television, cooking, etc.) or even at work. It is a clever way of toning your abs while leading your busy life!

2. Active Programmes: while doing a physical activity

Active Programmes	Duration in minutes	Level	Physical exercise
8: Endurance	40	Easy	Low cardio
9: Beginner Crunch	6	Moderate	Abs front
10: Advanced Crunch	9	Moderate	Abs side

Programme 8 is lower in intensity and is useful when you want to combine the stimulation with a moderate cardio activity such as active walk, jogging, and stepper or exercise bike.

CRUNCH PROGRAMMES 9 and 10:

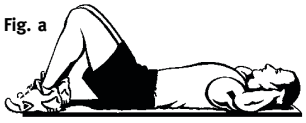
What shall I do?
Note: Those unfamiliar with Ab Crunch exercises should start with programme 9 before progressing to programme 10. Begin both Crunch Programmes 9 and 10 in the starting position (Fig. a, page 9).

Wearing your belt, lie on your back. Bend your knees to approx. 90°. Position your hands either side of your head. Your feet should be flat on the floor, shoulder width apart and your abdominal muscles fully relaxed. Switch your unit on and increase the intensity.

Programme 9
Beginner Crunch (Fig. a) :

1(a). When the stimulation starts, gently press your lower back into the floor and contract your abdominal muscles as hard as is comfortable. Do not raise your head off the floor and keep your neck muscles as relaxed as possible.

Fig. a



Standard Crunch (ig. b) :

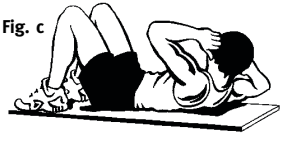
1(b). When the stimulation starts, slowly curl your shoulders forward, making sure that your lower back stays on the floor. Ensure you do not jerk your head forward. When raising your head, avoid neck strain by keeping a space approximately the size of your fist between your chin and your chest.

Fig. b

2. Hold each contraction for three seconds, then return to the starting position and relax fully. The stimulation will stop.
3. After a three second relaxation period, the stimulation starts again. Repeat step 1(a) or 1(b) and step 2 depending on the type of crunch you are doing.

Programme 10
Side Crunch (Fig. c) :

Fig. c



1. When the stimulation starts, slowly curl one shoulder upwards and towards the midline/centre of your body. Your shoulder should finish 8-10cm (3-4") from the ground. Keep your lower back on the floor.

Important:

Curl your right shoulder upwards and inwards when the stimulation is on the left side of your abdomen. Curl your left shoulder upwards and inwards when the stimulation is on the right side of your abdomen. Always keep your lower back on the floor and never twist your upper body excessively.

2. Hold each contraction for two seconds, then return to the starting position and relax fully - the stimulation will stop.
3. After a two-second relaxation period, the stimulation will start again.
4. Repeat steps 1-3.

ADDITIONAL UNIT FUNCTIONS

Information Button (*i*)
Your SLENDERTONE ABS unit stores information about current and previous sessions which can be accessed by using the information button. You can access this information while a programme is running.

Fig. a

1. **Current Intensity Levels**
   Press the information button (Fig. a) once to display the intensity of the current programme

2. **Average Intensity Levels**
   Press the information button twice to see the average intensity reached in the last session.

3. **Highest Intensity Levels**
   Press the information button three times to display the highest intensity reached in the last session.

4. **Number of Sessions of the Current Programme**
   Press the information button four times to see how many sessions performed at the current programme level. Please note that this resets to zero when a new programme is selected or when more than 99 sessions are performed.

5. **Total Number of Sessions**
   Press the information button five times to display the total number of sessions you have completed to date. Please note that this resets to zero if more than 1000 sessions are performed.

6. **Garment type**
   Press the information button six times to display the garment type you are using. E:70 (female) / X:70 (male).

7. **Press the information button seven times and the unit will return to normal.**

Mute Function ( )
If you want to switch off your unit's sound effects, press and hold the programme button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by again pressing the programme button for two seconds

Fig. b

Keylock Function ( )
If you find a comfortable exercise intensity, press and hold the information button for two seconds to lock that intensity (Fig. c). This function only remains active during the session in which it is activated. If you wish to increase the intensity further, deactivate the keylock function by again pressing the information button for two seconds.

Fig. c

Error Messages
In the unlikely event of your unit developing a problem, "Err" will appear on your unit display (Fig. d). If this occurs you should switch the unit off and then switch it back on again. It should now operate properly. If the problem persists, please call your local careline for further assistance (see page 2).

Fig. d

Battery Power / Replacing the battery
The battery icon on the display will flash when the battery is low and needs to be recharged. After a period of time, you may find that your battery will only power your unit for a limited number of sessions, requiring you to charge the battery more frequently. This is because rechargeable batteries have a limited number of charge cycles and may eventually need to be replaced.

Fig. e

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your unit (Fig. e), unscrew the back cover and remove it. Replace the existing battery pack with a new battery pack (Fig. f) and replace the battery cover. You can purchase a new battery pack by contacting the SLENDERTONE Careline.

Fig. f

BATTERY CHARGING AND DISCHARGING

Your device is powered by a rechargeble battery. The full performance of a new battery is achieved only after two or three complete charge cycles (fully charged and discharged).

The battery can be charged and discharged hundreds of times, but it will eventually wear out. To insure optimum battery performance you should use your device regularly e.g. perform 1 session a day, 5 days per week. Use the battery only for its intended purpose. Never use any charger or battery that is damaged.

If a replacement battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger and then disconnect and reconnect it to start the charging. If the battery is completely discharged, it may take a few minutes before the charging indicator apperas on the display.

Unplug the charger from the electrical socket and the device when it is not in use. Do not leave a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will loose its charge over time.

Leaving the battery in hot or cold places, such as in a closed car in summer or winter conditions, will reduce the capacity and lifetime of the battery. Always try to keep the battery between 15°C and 25°C (59°F and 77°F). A device with a hot or cold battery may not work temporarily, even when the battery is full charged. Battery performance is particularly limited in tempertaures well below freezing. Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

QUICK GUIDE TO SOLVING PROBLEMS

Problem	Possible Cause	Solution
The display doesn't come on and there is no signal from the unit	The battery is low	Recharge the battery
The display is on but there is no signal	The battery is low	Recharge the battery
The battery symbol is flashing	The battery is low	Recharge the battery
The ⚠ symbol has appeared on the display* and/ or the unit is beeping.	The unit is not properly connected to the belt	Ensure the unit and belt are properly connected
	The pads are on the wrong way around	Insure the black surfaces of the pads are facing you
	The covers are still on the pads	Remove the covers from the pads
	The pads are worn	Visit the website or your local retailer for new pads
	The pads are not covering the studs	Make sure the pads fully cover the metal studs
	The belt is loose or open on the body	Refasten the belt properly
	Build up on the metal studs under the pads	Remove pads and clean studs with a dry cloth
Unpleasant feeling beneath the pads	Poor pad contact with the skin	Press the pads firmly against the skin. Smear a few drops of water on the surface of the pads. Make sure the unit is OFF first
	The pads are worn	Visit the website or your local retailer for new pads
	Pads are not covering the metal studs	Reposition the pads so that the metal studs are covered
	Too many consecutive sessions	You should just do one session per day one any single body area
The contractions are very weak even when the toning intensity is high	The pads are worn	Visit the website or your local retailer for new pads
	The battery is low	Recharge the battery
	Poor pad positioning	See page 6 for correct pad positioning
	Pads are not covering the studs	Reposition the pads so that the metal studs are covered
"Err" appears on the display	Error message	Switch the unit on and off. The unit should work without any problem. If the error message persists call the careline for further details

* The ⚠ symbol always appears in conjunction with the left/ right intensity indicators. If the left indicator appears, there is a problem with the left pad, the right indicator acknowledges a problem with the right pad and if both indicators appear there is a problem with the either the middle pad or all three pads.

FREQUENTLY ASKED QUESTIONS

Can I use SLENDERTONE ABS for post natal exercise?

- Yes, but you must wait a minimum of **6 weeks** after childbirth before you begin using it and you **must** consult your doctor first.
- If you've had a Caesarean in the past **3 months**, consult your doctor for approval before using the belt.

The stimulation is uncomfortable. How can I improve this?

- Make sure the pads are positioned correctly and that they are pressed firmly against your skin - see page 6. Switch off your unit and reposition the belt if necessary.
- You can also smear a few drops of water on the black surface of the pads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the unit. Ensure the unit is switched OFF before you do this!
- Ensure the metal studs are fully covered by the pads.

My skin is red after the exercise. Is this a problem?

- Some redness of the skin after a toning session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the belt. This is the same as the pressure marks you get from tight clothing. You should not be concerned about this. It should fade soon after you remove the belt.
- If the redness is excessive, you may have the toning intensity too high. This may increase the reddening in sensitive skin. Try using a lower toning intensity for a few days. If the problem persists, you should stop using the unit.

Will the unit cause muscle soreness?

- As with all exercise some muscle soreness can occur after using the belt. This is normal and should go away after a day or two. Use a low toning intensity for a few sessions if you are experiencing muscle soreness.

I can feel a tingling sensation in my legs during an exercise. What should I do?

- This indicates that the pads are over your hip-bones. Moving the two smaller pads upwards and inwards on your waist (i.e. towards the centre of your body) should prevent this. Remember to pause or switch off your SLENDERTONE ABS before adjusting the belt or pads.

How do I know when to replace the pads?

- With time the pads pick up skin debris and may need to be replaced as this makes the workout less effective and less comfortable.
- You may notice the signal is weakening even if the batteries are OK. This usually indicates that the pads are wearing and will soon need replacing. You can check this by first adjusting the belt to ensure correct positioning of the pads. If the problem persists, try using the unit with a new battery pack. If the signal is still weak or uncomfortable, you should order new pads.
- New pads can be purchased online at slendertone.com (check for special offers) or from the careline.

I can feel my waist muscles exercising but not my stomach muscles.

- Pause the programme and reposition the central pad slightly lower on your stomach. If this doesn't help, move the 2 small pads to a smaller figure setting on the belt (towards the central pad).

I can feel my stomach muscles exercising but not my waist muscles.

- Pause the programme and reposition the central pads slightly higher on your stomach. If this doesn't help, move the 2 smaller pads to a larger figure setting on the belt (away from the central pad).

Can I use SLENDERTONE ABS to treat muscles weakened from lack of use due to injury?

- Yes. The unit may be used for the alleviation of or compensation for injury. Consultation with your doctor or physiotherapist is required to establish a rehabilitation programme with your belt, which would safely provide improvement to the strength and tone of the abdominal muscles

What is the difference between SLENDERTONE's belts and the other ab belts?

- The technology used by SLENDERTONE is the only one able to exercise all of your abdominal muscles: rectus, traverous and obliques.
- SLENDERTONE's technology is exclusive, patented and clinically proven.

Battery performance has degraded significantly.

- After an extended period of time you may notice a degradation in the performance of the battery in your unit. At this point you should purchase a new rechargeable battery pack. New rechargeable battery packs can be purchased through the SLENDERTONE Careline, or by visiting slendertone.com.

CARING FOR YOUR BELT

Your belt can be washed, but you must first remove the unit and pads. Always follow the instructions on the label when washing the belt.

Never machine wash your belt. Always hand wash in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take care even when hand washing and never wring the belt to remove water.

Do not use bleach when washing the belt.

Do not dry clean your belt.

Do not tumble dry your belt. Dry the belt on a flat surface. Do not dry it over anything hot. (e.g. a radiator) as the belt contains plastic parts. Ensure the belt is completely dry before using it again.

The belt should not be ironed.

Belt Materials:
Outer material: 100% Nylon, Binding: 82% Nylon, 18% Elastane, Hook & Loop: 100% Nylon, Foam: 100% Polyurethane

CARING FOR YOUR PADS

- The pads are for single person use only.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- The durability and effectiveness of the pads depends entirely on the proper use, storage and care on the part of the user, certain skin types and the type, duration, number of sessions, intensity used and site of stimulation.
- Ensure your hands are clean before handling pads. You should avoid touching the skin-side of the pads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the pads' surface.
- After use, replace the liners on the black side of the pads and store your unit in a cool, dry place until the next use.
- Pads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.

30-DAY PLAN

To help you get the most from your SLENDERTONE ABS, we recommend that you follow our 30 day plan. To follow this plan, use your belt 5 times a week for 4 weeks and record your highest intensity levels in your diary (inside the back cover). Each week you have two rest days to allow your muscles to recover. The diary below shows one person's toning intensity, recorded during scientific testing over a 30-day period.

We recommend that you follow a similar plan, trying to push yourself to use higher toning intensity levels all the time. Try to increase your toning intensity from week to week. But remember, do not over-exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.

EXAMPLE:

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	(40 40)	rest	(40 40)	rest	(50 50)	(50 50)	(60 60)
2	rest	(70 70)	(80 80)	rest	(80 80)	(80 80)	(90 90)
3	rest	(95 95)	(105 105)	rest	(105 105)	(110 110)	(110 110)
4	rest	(110 110)	(115 115)	rest	(115 115)	(120 120)	(120 120)

Each box shows the average toning intensity from either side of the belt.

Fill-in your diary every time you complete a toning session. Leave this diary somewhere you will see it regularly. This will help to motivate you to reach your goal. You will soon see and feel that your ab muscles are firmer and more toned.

Note: The intensity level will vary from person to person.

DOS & DON'TS

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

Please do not use if:
- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the device necessitates placement over areas at which drugs/ medicines are administered by injection (short term or long term) e.g. hormone treatment.

Please wait before using your SLENDERTONE product until:
- At least six weeks after the birth of your baby (you must consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- At least three months after having a Caesarean (you must consult your doctor first).
- The heavy days of your period have finished.

Please get your doctor's or physiotherapist's permission before using your SLENDERTONE product if:
- You wish to use a SLENDERTONE belt and have a bad back. You should also ensure the intensity is kept low.
- You have any serious illness or injury not mentioned in this guide.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Using the device as part of a rehabilitation programme.

When applying the pads and belt, always remember to :
- Place the pads and belt ONLY on the abdomen, as indicated in this manual.
- Avoid placing the pads or belt on the front or sides of the neck, across or through the heart (i.e. one pad on the front of the chest and one on the back), in the genital region or on the head. (Other toning units are available for other areas of the body - details are available at www.slendertone.com or from your local retailer)
- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the pads directly over metal implants.

Possible adverse reactions:
- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including allergies, a prolonged reddening of the skin and acne.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

To reposition pads during a session:
- Always pause the programme currently running, unfasten the belt and then refasten it behind your back once the position of the pads has been adjusted.

After strenuous exercise or exertion:
- Always use a lower toning intensity to avoid muscle fatigue.

Contact the careline if:
- Your unit is not working correctly. Do not use it in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin can appear under the belt during and for a short time after a session.

NOTE:
- An effective treatment should not cause undue discomfort.

IMPORTANT:
- Keep your unit out of the reach of children.
- The studs and pads must not be connected to other objects.
- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
- For hygiene reasons the belt is for use only by one person. Do not share your belt with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use your unit if you are wearing a belly-button ring. Remove the ring before you begin a session.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.
- You should always ensure that the charger & power supply is positioned so that it is easy to unplug the power supply from the socket
- To isolate this equipment from the mains, the charger/power supply plug should be removed from the socket.

N.B. If you are in any doubt about using your SLENDERTONE belt for any reason, please consult your doctor before use.

TECHNICAL SPECIFICATIONS

Caring for your unit
Your unit should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

Access to the interior of the unit is not required for maintenance purposes.

If your unit is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.

IMPORTANT: Under no circumstance should anything other than the correct type of batteries - (rechargeable batteries 3.6V NiMH) be used with your unit. These can be purchased from the SLENDERTONE careline.

Disposing of the pads and batteries
Used pads and batteries must never be disposed of in a fire but in accordance with your country's national laws governing the disposal of such items.

Accessories:
Under no circumstances should anything other than SLENDERTONE accessories be used with your SLENDERTONE charger or SLENDERTONE unit (Type 390). Any others may not be compatible with your unit and could degrade the minimum safety levels. You can purchase all accessories at www.slendertone.com.

SLENDERTONE ABS Female Belt (E:70)
SLENDERTONE ABS Male Belt (X:70)
SLENDERTONE ABS Pads:
- 1 large adhesive pad (Type 706 or 709)
- 2 small adhesive pads (Type 707 or 710)

SLENDERTONE BOTTOM (E:30)
SLENDERTONE BOTTOM Pads:
- 4 large adhesive pads (Type 716)

SLENDERTONE ARMS ACCESSORY Female (E:60)
SLENDERTONE ARMS ACCESSORY Male (X:60)
SLENDERTONE ARMS Pads:
- 4 small adhesive pads - Female (Type 715)
- 4 small adhesive pads - Male (Type 718)

SLENDERTONE Belt Extension

Battery pack (3.6V, NiMH)
Battery Charger (EU - 2504-0303)
Battery Charger (US/Japan - 2504-0302)
Charger complies to EN 60950, Input: nominal voltage 100-240V, frequency 50-60Hz, current 125mA. Do not use any other chargers or any other power supplies.

Classification: Internally powered equipment, Class II charger, Type BF applied parts.

Product Type: 390

Intended use: Muscle stimulator

Notes:
- The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at the start of the relaxation phase (i.e. ramp down). When the ⚠ symbol is flashing, the stimulus is significantly reduced.
- In accordance with the laws within the member state, safety testing on the device should be carried out every two years.
- In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

Environmental Specifications:

Operating:	Temperature Range: 0 - 35°C (32 - 95°F) Humidity: 20 - 65 % RH
Transport & Storage:	Temperature Range: 0 - 35°C (32 - 95°F) Humidity: 20 - 85 % RH

Waveform: Symmetrical bi-phasic square waveform when measured into a resistive load.

Description of your unit's symbols:
There are a number of technical markings on your unit. These can be explained as follows:

The unit and belt are manufactured for Bio-Medical Research Ltd, Parkmore Business Park West, Galway, Ireland.

The unit requires 1 x 3.6 volt (NiMH) DC battery pack DC is indicated by the symbol: ⎓

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, which is indicated by "Hz".

Output (RMSA) means the maximum output root mean square current for each channel.

Output (RMSV) means the maximum output root mean square voltage for each channel.

This symbol means "Attention, consult the accompanying documents".

This symbol means type BF applied parts (electrodes).

CE 0366 This symbol on your unit is to indicate conformity to the requirements of the Medical Device Directive (93/ 42/EEC). 0366 is the number of the notified body (VDE).

ETL CLASSIFIED c ETL us LISTED Intertek 3124343
Conforms to UL STD 60601-1.
Certified to CAN/CSA.
STD C22.2 NO 601.1

SN stands for 'serial number'. Inside the box, on the back of the unit is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where "R" denotes 2012, "S" denotes 2013 etc.

The belt's batch number is represented on the belt packaging, by the number corresponding with the LOT symbol.

Rated Outputs – Voltage/Currents: E:70 and X:70

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	7.35V	13.1V	15.5V
Output RMSA	14.7mA	13.1mA	10.3mA
Output Frequency	50-70Hz	50-70Hz	50-70Hz
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-315µs	200-315µs	200-315µs
Negative Pulse Width:	200-315µs	200-315µs	200-315µs
Interphase Interval:	100 µs	100 µs	100 µs

Attention:
This unit can deliver currents in excess of 2mA/cm² if used with incorrect electrodes.

At the end of the product lifecycle, do not throw this product or batteries into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.